

Eggplant Medallions

Prep Time: 10-15 mins

Cook Time: 20-30 mins

Total Time: 45 mins

Ingredients

- 1.5 lb eggplant (approx.)
- Good olive oil
- Sea salt
- Pepper

Directions

Preheat the oven to 450 degrees.

Rinse the eggplant and dry it. Slice it in rounds 1/4 - 1/2" thick. Cut them thinner for crisper medallions, thicker for chewier (no need to peel them).

Spread out the slices on a cookie sheet covered with parchment paper or aluminum foil. The slices can touch but they shouldn't overlap.

Brush each side with olive oil and sprinkle liberally with salt and pepper.

Roast at 450 for 20-30 mins, checking the slices every 10 minutes and flipping them as they brown.

Watch them carefully towards the end of the cooking time to be sure they don't burn! Serve warm, mmmmm.

Optional: Top them with chopped tomato, basil and mozzarella, pop them back in the oven for a few minutes until the cheese melts.

